

Adam R. Wright, Ph.D.

1005 Garden Street

Hoboken 07030

609-577-8870

adam@dradamwright.com

theantifragileacademy.com

Summary

Highly experienced Doctoral level Mental Performance Consultant, Educator, and Leader specializing in performance psychology. Demonstrated success in enhancing elite performers' mental resilience and performance through innovative, evidence-based approaches.

Education

- 2008-2015** **Ph.D. Temple University, Philadelphia, PA**
Department of Kinesiology, College of Public Health
Specialization: Applied Sport & Exercise Psychology (4.0/4.0 GPA)
- 2020-2024** **M.A. Boston Graduate School of Psychoanalysis;**
Institute of Counseling & Psychoanalytic Studies; Livingston, NJ
Specialization: Clinical Mental Health Counseling
- 2020-2021** **G.C. University of Texas at Dallas, Dallas, TX**
Naveen Jindal School of Management,
Organizational Behavior, Coaching & Consulting
Specialization: Executive and Professional Coaching
- 2004-2005** **N.A. Yeshiva University, Bronx, NY**
The Ferkauf Graduate School of Psychology
Specialization: Clinical Psychology
- 2002-2004** **M.Ed. Temple University, Philadelphia, PA**
Department of Kinesiology, College of Education
Specialization: Applied Sport & Exercise Psychology (4.0/4.0 GPA)
- 1989-1994** **B.A. LaSalle University, Philadelphia, PA**
Major/Minor: Philosophy/Psychology
Honors: Maxima Cum Laude (3.97/4 GPA), Psi Chi
-

Professional Experience

2022-Present **Washington Nationals, Washington, DC**
Major League Mental Skills Director

- Serve as the Mental Performance Coach for the Major League Baseball team, overseeing the daily and long-term mental performance preparation for 40-man roster players.
- Develop and oversee a mental performance enhancement system designed to create a growth-minded performance environment and maximize the mental performance abilities of players across the organization.
- Collaborate with the Front Office, Field Staff, and Performance Staff on Major League player development initiatives.
- Develop and Deliver mental performance training and education based on team and individual player needs, including comprehensive assessments and programming.

- Develop and deliver rehab and recovery programs to support players as they return to play.
- Collaborate with Player Development and Medical Departments to develop solutions that positively impact players' performance.
- Provide assessments of team and individual player mindset and behavioral patterns to provide targeted mindset and player development plans.
- Develop and oversee processes to facilitate required referrals to external providers and EAP.

2023-Present The Antifragile Academy
Co-founder/Mental Performance Consultant

- Co-founded (with Dr. Nick Holton, Ph.D.) a performance coaching and consulting business that scales and democratizes performance and well-being training for athletes, executives, and emergency first responders.
- Consult across industries, including players in the NBA, NFL, MLS, Premiership Rugby, Michigan State, Google, Meta, Blackstone, and Citadel.
- Provide keynote presentations and workshops.

2022-Present Areté Fitness and Performance Training Inc., New York, NY
Founder/ Mental Performance Consultant

- Provide mental skills consulting and performance coaching to support individual athletes representing diverse ethnic and socio-economic backgrounds across various sports domains at the international, professional, collegiate, and elite high school and youth levels.
- Provide performance and health/well-being coaching to business executives, entrepreneurs, military and law enforcement professionals, performance artists, and medical professionals.
- Develop individual and group interventions using a variety of tools and theoretical orientations to enhance mental skills, including self-regulation skills for controlling anxiety and emotional regulation; effective self-talk, strategies for improving attentional focus, confidence, concentration, and composure; group cohesion and team building; communication, leadership, and life-skills; stress management skills; and injury/rehabilitation coping skills.
- Assess and approach mental barriers to physical performance from a multi-modal perspective, utilizing traditionally applied sports psychology (i.e., mental skills training), mindful acceptance, positive psychology, and psychophysical approaches.
- Leverage performance assessments to help identify and cultivate cognitive and personality strengths.
- Develop and implement in-person and virtual workshops in sport and performance psychology (e.g., Performance Psychology for Baseball Catchers, The Performance Blueprint for Competitive Runners, An Anti-fragile Approach toward athletic performance).
- Utilizes technology to measure optimal recovery and strain and recovery (e.g., Whoop, Oura, EliteHRV).
- Conduct tactical breathing and arousal regulation training while leveraging technology (e.g., Muse headset, HeartMath biofeedback).
- Provide content expertise to venture capital and sports technology companies.
- Provide content expertise to national publications.
- Work collaboratively with other sports medicine and performance professionals within clients' multidisciplinary teams.
- Maintains a solid international network of performance professionals across professional and collegiate sports

2022-Present Performance Optimal Health Physical Therapy Clinics; CT/FL
Mental Performance Consultant

- Provide mental skills and executive coaching to patients in sports medicine clinics.

2022-Present The Academy of Clinical and Applied Psychoanalysis (ACAP); Livingston, NJ
Counseling Intern

- Provide therapy to patients with a variety of mental health issues and diagnoses.
- Co-direct a group on Neuropsychoanalysis.

2016-2023 Empire Elite Track Club, NY, NY
Mental Performance Consultant

- Conduct individual mental skills coaching to professional running teams to help athletes advance on all international and local competitive stages.
- Provide mental performance support to runners at the US Olympic Trials and the World Track and Field Championships.

2020-2021 Women's National Team - Puerto Rico Lacrosse
Director of Mental Conditioning

- Directed all aspects of individual and team mental skills conditioning programs.
- Educated coaches on mental conditioning topics related to motor learning, recovery, long-term athlete development, and building an elite team culture.

2018-2021 King's College School, Wimbledon Common, London
Mental Performance Consultant

- Educated crew team coaches on mental conditioning topics related to elite endurance performance.

2020-2021 Flow Research Collective
Advisor/ Senior Performance Coach

- Collaborated with a diverse team of doctoral-level professionals (e.g., cognitive neuroscientists, organizational, and clinical psychologists) to develop programming and best practices for performance coaching for elite knowledge professionals (C-suite executives, venture capitalists, hedge fund executives, entrepreneurs, law enforcement, etc.).
- Provided performance coaching and psycho-education to law enforcement and military professionals.
- Trained and mentored internal and external performance coaches.
- Presented seminars on the science of optimal performance (flow) states and high-performance routines.

1996-1999 Casa Specialized Private Fitness, New York, NY
Fitness Director/Health & Fitness Specialist

- Managed all aspects of the health and fitness training department of a boutique start-up fitness and wellness company, including hiring, training, and education of staff.

- Provided personal fitness training, sport-specific training, and exercise testing to a diverse clientele.

1994-1996 Entex Information Services
Inside Sales Representative (B2B)

- Dedicated on-site technology sales representative for Ernst and Young Global Limited.
 - Supported global accounts across a multitude of Fortune 400 companies.
-

College Teaching Experience

2018-2020 University of the Sciences, Philadelphia, PA
Adjunct Faculty, Department of Kinesiology

- Course Taught: Exercise Psychology

2015-2018 Georgian Court University, Lakewood, NJ
Adjunct Faculty, Department of Exercise Science, Wellness & Sport

- Course Taught: Sport and Exercise Psychology

2011-2013 Mercer County Community College, West Windsor, NJ
Adjunct Faculty, Department of Psychology

- Course Taught: Introductory Psychology

2006-2010 Bucks County Community College, Newtown, PA
Adjunct Faculty, Department of Health & Physical Education

- Courses Taught: Individual Fitness Wellness; Life and Health; Applications of Diet & Fitness
-

Additional Teaching Experience

2012-2013 Academy of St. Joseph, New York, NY
Educational Consultant

- *Developed and delivered a progressive and holistic health and physical education curriculum emphasizing developmentally appropriate physical literacy, conditioning, and stress management skills in a neuro-diverse student body.*
 - Created an inclusive after-school athletic program introducing children to diverse sports and movement patterns.
-

Graduate Research & Fieldwork

2013-2015 **Temple University, Philadelphia, PA**
Doctoral Dissertation

- *The Development, Implementation, and Evaluation of an Exercise Psychology Workshop for Health and Fitness Professionals: A Mixed Methods Approach*
 - Committee and Department Chair: Dr. Michael Sachs, PhD
- Shore SM, Sachs ML, Lidicker JR, Brett SN, Wright AR, Libonati JR. Decreased academic achievement in overweight middle school students. *Obesity* (Silver Spring). 2008 Jul;16(7):1535-8. doi: 10.1038/oby.2008.254. Epub 2008 May 1. PMID: 18451772.

2004-2005 **Albert Einstein College of Medicine, Bronx, NY**
Teen-ways Research Project, Research Assistant

- Leveraged motivational interviewing and cognitive behavioral techniques to assist diabetic and pre-diabetic Latino adolescents to clarify and achieve health and weight loss goals.

2003-2004 **New York University Child Study Center, New York, NY**
Research Assistant

- Assisted head researcher with a grant-funded sports psychology program that fostered psychosocial development with middle and high school athletes and coaches through sports and physical activity.
- Participated in workshops addressing mental skills training with coaches, administrators, and athletic teams in New York City public and private schools.

2003-2004 **Optimal Performance Associates; Philadelphia, PA**
Performance & Leadership Coach

- Conducted team building and leadership training activities with Fortune 500 executives, educators, middle school, high school, and college-level athletes.

Professional Presentations:

- Presentation: *HS Athlete Mental Health* (Dec 2023); Morgans Message; Highschool in Virginia.
- Keynote Presentation *Burnout in the Law Profession*; Day Pitney, LLP Partner Retreat (Oct 2023); New Port, Rhode Island.
- Presentation: *Mental Performance Training in the Big Leagues*; National Strength and Conditioning Association NJ State Meeting (Nov 2023); Georgian Court University; NJ.
- Presentation: *Youth Athlete Suicide Prevention* (Nov 2022); Next Up Sport Management Conference; NY, NY.
- Presentation: *Youth Athlete Recovery* (Nov 2023); Next Up Sport Management Conference; NY, NY.

Academic Posters/Presentations

- Wright, A., Sachs, M., Ducette, J. (June, 2016). *The development, implementation, and evaluation of an exercise psychology workshop for personal fitness trainers: A mixed methods approach*. Poster session presented at the meeting of the Association for Applied Sport Psychology, Phoenix, AZ.
 - Wright, A., Sachs, M., Ducette, J. (April, 2016). *The development, implementation, and evaluation of an exercise psychology workshop for personal fitness trainers: A mixed methods approach*. Poster session presented at the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.
 - Wright, A., Sachs, M., & DuCette, J. (2013, October). *Exercise psychology in the fitness profession: The personal trainer exercise psychology survey*. Poster session presented at the meeting of the Association for Applied Sport Psychology, New Orleans, LA.
 - Wright, A., Sachs, M., & DuCette, J. (April, 2013). *Exercise psychology in the fitness profession: The personal trainer exercise psychology survey*. Poster session presented at the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.
 - Wright, A. (2005, March). *APA Division 47 Current Projects and Initiatives*. Lecture conducted from The Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.
-

Professional Service/Volunteer Work

| | |
|--------------|--|
| 2022-Present | NSCA Advisory Board; National Strength and Conditioning Association |
| 2019-Present | Exercise Science Advisory Committee; Raritan Valley College; Branchburg, NJ |
| 2015-Present | Student Mentoring; Temple University & Manhattan College |
| 2017-2022 | Consultant; MedalBound.org. (A non-profit organization providing affordable medical and sports performance services for aspiring National team athletes.) |
| 2013-2018 | Occupational Board Member; Focus Personal Training Institute; New York, NY |
| 2016 | Psyching Team – Novo Nordisk New Jersey Marathon |
| 2015 | Psyching Team- New York City Marathon |
| 2010-2019 | Youth Baseball Coach; Recreation and Travel Clubs. |
| 2004-2005 | American Psychological Association, Division 47; Student Rep |

Professional Certifications

- Certified Mental Performance Consultant (CMPC); Association for Applied Sport Psychology
- Certified Exercise Physiologist (ACSM-EP); American College of Sports Medicine
- Certified Strength and Conditioning Specialist (CSCS); National Strength and Conditioning Association
- Certified Performance Enhancement Specialist; National Academy of Sports Medicine
- International Coaching Federation Professionally Certified Coach (ICF-PCC)

Professional Affiliations

- Association for Applied Sport Psychology (AASP)
- National Strength and Conditioning Association (NSCA)
- American College of Sports Medicine (ACSM)
- American Counseling Association (ACA)
- International Coaching Federation (ICF)
- American Psychological Association (APA)
 - Division 47 (Sport and Exercise Psychology)

References Upon Request